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EARTHQUAKE IN TURKEY
DEATH TOLL IS EXPECTED TO RISE

{page 6}

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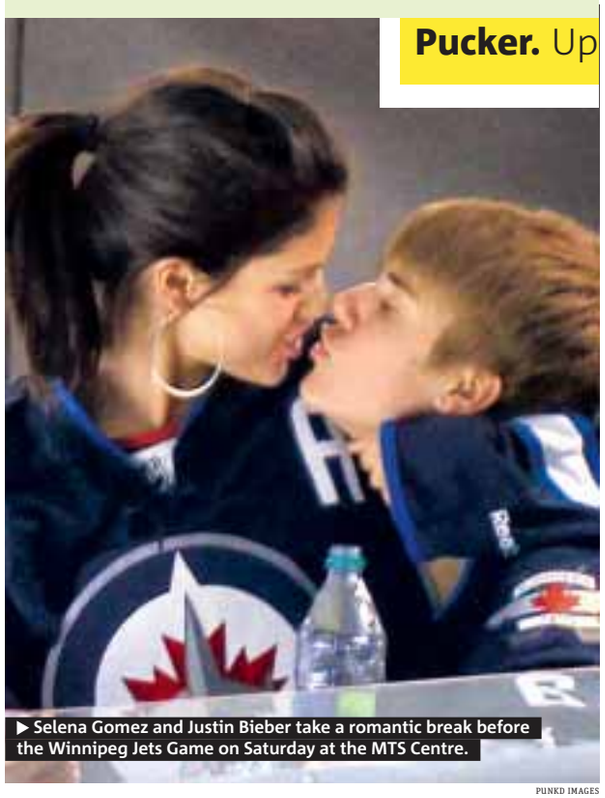

▶ Selena Gomez and Justin Bieber take a romantic break before the Winnipeg Jets Game on Saturday at the MTS Centre.

PUNKD IMAGES

Biebs, Gomez heat up the rink

The pair of singers were in town on the weekend and reportedly took in several sights, including the Forks, the Manitoba Museum, caught a movie at Silver City Polo Park and even did some racing at Speed World, an indoor go-kart racing track. Bieber won.

Disabled man was attacked for beer, change: Documents

▶ Harvey Sanderson Jr. died in hospital Aug. 3, four days after he was beaten ▶ Sanderson Jr. suffered from a brittle-bone disorder

JAMES TURNER
@METRONEWS.CA

A severely disabled and wheelchair-bound Winnipeg man was attacked in his own home for two cans of beer, a change purse, key-fob necklace and a used cellphone.

These and other details surrounding the recent brutal attack on Harvey Sanderson Jr. are contained in Parole Board of Canada documents obtained by Metro.

Sanderson Jr., 27, died in hospital Aug. 3, a few days after a health-care aide found him injured in his Kennedy Street apartment.

Sanderson Jr. suffered from a brittle bone disorder "rendering him extremely susceptible to bodily injuries," the parole documents state, citing official police reports of the crime.

FACEBOOK.COM

▶ Harvey Sanderson Jr.

"During the robbery a physical struggle ensued, resulting in the victim being knocked off his wheelchair ... (he) lay helpless bleeding from the head and was unable to move or call for help," said the documents.

Police said previously Sanderson Jr. may have been in that state for as long as half-a-day before being found.

The night before, police said, Sanderson Jr. and two other people went to his suite for a drink, and an altercation took place.

A few hours after the attack, John Ward and Melissa McKay, each 27, were arrested as suspects. Ward was wanted at the time for violating the terms of his parole.

Ward was on statutory release from prison where he had been serving a sentence for robbery, assaulting a peace officer and court-order breaches.

Sanderson Jr.'s beating sparked public outrage and led to several public calls for improved security for the disabled.

Police confirmed yesterday that charges in the case were not upgraded after an investigation by the major crimes unit.

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Neighbours not shocked by gunfire

Neighbours living near an Elmwood home that was lit up by gunfire early yesterday say they weren't surprised to see violence break out there.

Police were called to a home in the 300 block of Union Avenue West at 1:45 a.m. A number of shots had been fired into the two-storey residence.

Not gang-related

- There's no immediate indication that the shooting was gang-related, police said.

One neighbour said he heard three loud bangs and then glass breaking.

Others said the home is frequently the site of loud parties.

Police said the two people inside at the time of the gunfire weren't hurt. **METRO**

For more news and information, visit www.metronews.ca/winnipeg

JAMES TURNER/METRO

▶ Shattered glass and police chalk mark one of several shots that were fired into a Union Avenue West home yesterday.

A little extra fat no biggie: Study

SUPPLIED

▶ A new local study has shown that being slightly overweight does not increase your risk of disease.

But being obese puts people at higher risk of premature death

Couch potatoes take heart.

A study from the University of Manitoba has found people who carry just a bit of extra weight are no more likely to have serious health problems or die prematurely than their slimmer peers.

Researchers at the Manitoba Centre of Health Policy, which conducts studies for the provincial government, used weight and height information from two decades of national health surveys to determine body mass index. They then used the information to divide people according to whether they were "normal," simply "overweight" or actually "obese" and studied their health outcomes.

Those in the overweight category and even those who were on the lower end of the obese category didn't have more health problems and didn't die sooner. Being overweight may not be as dangerous as previously thought, the study concluded.

"It was really just the obese group that had the higher risk of mortality in our study."
RESEARCHER RANDY FRANSOO

"The people in the overweight group don't really seem to be at much risk at all," said lead researcher Randy Fransoo. "It might just be that the threshold for when trouble really starts is closer to the obese group than the overweight group."

The study found that, as with the rest of the country, the number of obese people in Manitoba is on the rise. One in four Manitobans is now considered obese. **THE CANADIAN PRESS**

1 news

A victim of sexual abuse at the hands of a minor hockey coach tells his harrowing story. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Botulism is thought to be the killer of some 6,000 dead birds along the shores of Georgian Bay in Ontario. Video at metronews.ca/video

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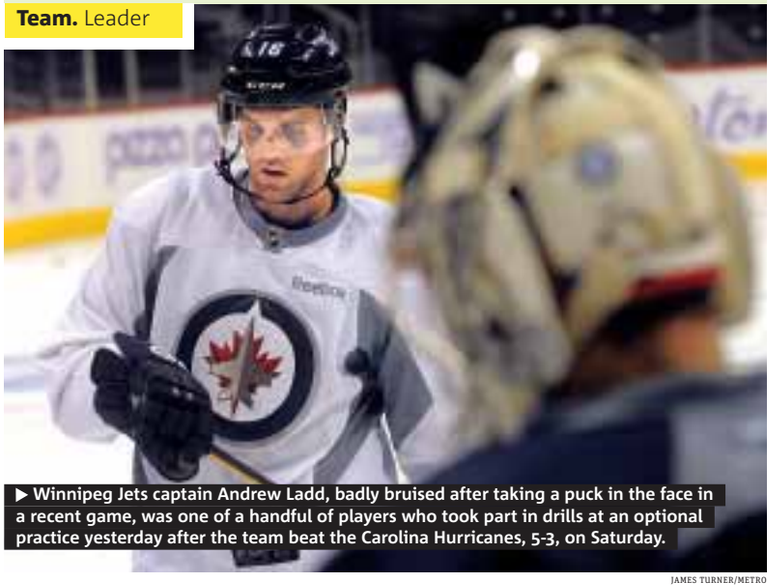

▶ Winnipeg Jets captain Andrew Ladd, badly bruised after taking a puck in the face in a recent game, was one of a handful of players who took part in drills at an optional practice yesterday after the team beat the Carolina Hurricanes, 5-3, on Saturday.

JAMES TURNER/METRO

Puck to the face not slowing Ladd

Byfuglien pleads not guilty

HANDOUT

▶ Dustin Byfuglien

Winnipeg Jets defenceman Dustin Byfuglien has pleaded not guilty to charges related to an alleged impaired boating incident.

Documents with the Hennepin County court in Minnesota show not guilty pleas were entered Friday to all four offences.

There was no indication the hockey star made a personal appearance. It's likely his defence lawyer entered the pleas on his behalf. Byfuglien was on the ice late Thursday in Ottawa in a National Hockey League game against the Senators.

Police stopped a boat driven by Byfuglien on Lake Minnetonka on Aug. 31.

Court documents say the 26-year-old passed a breathalyzer test, but a police drug recognition expert concluded he was under the influence of drugs.

The arresting officer wrote that Byfuglien had trouble speaking, was unsteady on his feet and smelled of alcohol.

Byfuglien refused to give a blood or urine sample, so he was examined by a police drug recognition expert. Byfuglien's pulse rate was high, as was his blood pressure.

His eyes were watery and he had a distinct brown stain on his tongue, according to the expert.

The documents say Byfuglien admitted to taking a muscle relaxer earlier that day but could not remember the name of it. "Mr. Byfuglien stated that he takes a 'handful' of supplements from 16 or 17 different bottles every day and that he does not know the names of the supplements."

Byfuglien is charged with boating while under the influence of alcohol and/or drugs and refusing to provide a blood or urine sample.

He is also accused of failing to display proper lights and failing to provide enough flotation devices for those on board the boat.

Refusing the blood or urine test is the most serious charge. It carries a maximum of one year in jail, a $3,000 fine, or both. The other three charges each carry a maximum of 90 days in jail, a $1,000 fine, or both.

THE CANADIAN PRESS

Airline suspended by Transport Canada

Second time that the Manitoba airline has been suspended Must meet all safety regulations: Agency

Transport Canada has once again suspended the air operator certificate for a Manitoba airline in the interest of public safety.

The agency says it took action against Missinippi Airways after an inspection found deficiencies with the company's Operational Control System.

The inspection was carried out last week to see if "corrective actions" put in place after an earlier suspension were working effectively.

A company cannot provide commercial air services in Canada without the certificate.

Transport Canada initially suspended the airline's certificate in July.

The agency was inspecting a crash that killed a man when a small commercial plane slid off a runway into a ravine and caught fire in the remote northern community of Pukatawagan, about 800 kilometres north of Winnipeg.

The agency says the airline must demonstrate it meets all applicable safety regulations before its air operator certificate is reissued.

Missinippi Airways describes itself as an air service providing charter, freight, medevac and scheduled services to communities in northern Manitoba and the Arctic.

THE CANADIAN PRESS

Green. Machine

▶ Ed Medgyes, maintenance co-ordinator for the Downtown Winnipeg BIZ, demonstrates the ease with which the Tornado ACS machine removes graffiti from surfaces.

JAMES TURNER/METRO

Environmentally-friendly graffiti buster

The new Tornado ACS, which removes graffiti without using water or chemicals, is considered more environmentally-friendly than alternatives. It was on display at The Green Show, held this weekend at the Convention Centre.

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Metro Interview.

MICHAEL NAGLE/GETTY IMAGES FILE

▶ Juan Manuel Santos, president of the Republic of Colombia.

Colombian president Juan Manuel Santos speaks to Metro on his country's efforts in the war on drugs He points to drug legalization as a means of stopping violence

COLOMBIAN PREZ: LEGALIZE POT

PER MIKAEL JENSEN
@METRO.LU
METRO WORLD NEWS IN BOGOTÁ

One of the most prominent fighters in the war on drugs is calling for the world to get tougher. President of Colombia Juan Manuel Santos wants world leaders to take a much stronger, more co-ordinated approach in dealing with trafficking narcotics and the use of hard drugs such as cocaine and heroin. In an exclusive one-on-one interview with Metro, Santos says legalizing softer drugs, such as cannabis, could be a way forward, if done globally.

"The world needs to discuss new approaches," Santos says. "We are basically still thinking within the same framework as we have done for the last 40 years."

Colombia's war on drug cartels has made huge progress over the past 20 years. The killing of notorious drug baron Pablo Escobar in 1993 and then the arrest and conviction in 2006 of the Rodríguez Orejuela brothers, founders of the Cali Cartel, did much to dismantle the powerful cartels — and spark the decline of drug-related violence that had plagued the country. Santos hopes that the world, too, can build on this success story.

Do you think legalizing softer drugs could be a way forward?
Yes, that could be an answer, provided everyone does it at the same time.

But somebody has to take the first steps?
Yes, and it won't be me.

Why?
Because, for Colombia, this is a matter of national security. Drug trafficking is what finances the violence and the irregular groups in our country. I would be crucified if I took the first step.

How is this different in other countries?
In other countries (Europe and the U.S.), this is mainly a health issue and a crime issue. We need to look at all components, one of them being targeting the assets in this business. But we need to do so on a global level.

What do you think we're doing wrong?
We must discuss a new approach, looking at all the components: The profit and the crime that follows drug-trafficking, the fight against money laundering, trade with arms and so on.

'On a great path'

Santos on why they are smiling in Latin America:

▶ "We have something that the U.S. and Europe don't have: A young population and a lot of optimism.... The latest poll in Colombia from Thursday (last week) shows that 79 per cent of our population believes that we are on a great path."

How do you take your coffee, Mr. President?

"I like it with milk in the morning and black in the afternoon. A bit the German style: Black, but not too strong."

How do you learn and cope with patience?

"I meditate! I practice Transcendental Meditation. And I exercise a lot. I often say: 'You do not only need patience, you need to persevere.' So, do the right things now, and you will see results."

Notable family:

His great-uncle, Eduardo Santos, served as president from 1938 to 1942 and owned one of Colombia's leading newspaper, El Tiempo. His cousin, Francisco Santos, was the former vice-president.

Santos' background:

He is a trained economist, having studied economics and administration at the University of Kansas and London School of Economics; Santos is also the holder of a masters of public administration from Harvard University.

About Colombia:

Capital: Bogotá
Area: 1,139,000 sq. km
Population: 44,725,500, South America's fourth largest country
Main exports: Petroleum, coffee, coal, gold, bananas, sugar, livestock

Colombia is famous for:

Coffee, fruits, Barranquilla's Carnaval (major folklore carnival), the colonial walled city of Cartagena, musicians Shakira and Juanes, novelist and Nobel Prize winner Gabriel García Márquez, figurative artist Fernando Botero

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Panic grips Turkey after powerful quake

More than 130 people killed and 350 injured, Turkish PM says Death toll could reach 1,000 due to flimsy housing and size of quake: Officials

THE ASSOCIATED PRESS/ANATOLIAN TV VIA APTN

Residents of the city of Van help dig survivors out from the rubble after a 7.2-magnitude earthquake in eastern Turkey yesterday. "There are many people under the rubble," said Veysel Keser, mayor of the district of nearby Celebibag. "People are in agony. We can hear their screams for help."

Cries of fear and horror filled the air as a 7.2-magnitude earthquake struck eastern Turkey, killing at least 138 people as buildings pancaked and crumpled into rubble. The death toll was expected to rise as rescuers sifted through the ruins and reached outlying villages.

Tens of thousands fled into the streets screaming and trying to reach relatives on cellphones. As the full extent of the damage became clear, survivors dug in with shovels and even their bare hands, trying to rescue the trapped and the injured.

"My wife and child are inside! My four-month-old baby is inside!" CNN-Turk television showed one young man sobbing outside a collapsed building in the city of Van.

Ten buildings collapsed in Van and as many as 80 collapsed in Ercis, about 90 kilometres to the north, the Turkish Red Crescent said.

Residents in Van and Ercis lit campfires, preparing to spend the night outdoors while the Red Crescent began setting up tents in a stadium.

Rescue efforts went deep into the night under generator-powered floodlights. Workers tied steel rods around large concrete slabs in Van, then lifted them with heavy machinery.

Residents sobbed outside the ruins of one flattened eight-storey building, hoping that missing relatives would be found. Witnesses said eight people were pulled from the rubble, but frequent aftershocks hampered search efforts. By late evening, some joy emerged as a ninth, a teenage girl, was pulled out alive.

About 1,275 rescue teams from 38 provinces were being sent to the region, officials said, and troops were also assisting search-and-rescue efforts. **THE ASSOCIATED PRESS**

Deadly ground

- **The hardest hit area was** Ercis, a city of 75,000 close to the Iranian border, which lies on one of Turkey's most earthquake-prone zones.
- **Van, about 90 kilometres** to the south, also sustained heavy damage. Highways caved in and the airport was damaged, forcing flights to be diverted.
- **U.S. scientists recorded** more than 100 aftershocks within 10 hours of the quake, including one with a magnitude of 6.0.

Drivers arrested in toddler hit-and-run

THE ASSOCIATED PRESS

Wang Yue died in hospital on Friday.

Two drivers suspected of running over a little girl in Foshan, southern China, are under arrest, newspapers reported yesterday.

Wang Yue, 2, was struck by two vans Oct. 13 on a busy market street as passersby walked or cycled past her. She died of brain and organ failure on Friday.

The Beijing News and other outlets say Foshan police identified the vehicles from security camera footage and ordered the two men arrested.

Reports did not say what they were being charged with. **THE ASSOCIATED PRESS**

MOHAMED KOHAIL CASE

Canadian in Saudi jail unwell

A Montreal man who has spent nearly five years in a Saudi Arabian prison is said to be in poor health and pleading for help from Canadian authorities to secure his freedom.

Mohamed Kohail, 26, has been imprisoned on a murder charge since 2007, though his sentence was overturned and he is awaiting retrial.

Friends and supporters say Kohail had several operations this summer for chronic tuberculosis and is receiving inadequate health care in jail.

Supporter Rana Saheb is asking for direct intervention by Foreign Affairs Minister John Baird. "We have a Canadian citizen in jail in Saudi Arabia, he's in a critical situation health-wise, his retrial is still pending two years later.

"The Canadian government needs to go and start helping him." **THE CANADIAN PRESS**

Search on for downed satellite

A defunct German ROSAT satellite crashed into the Earth somewhere in Southeast Asia yesterday, but scientists are still not sure where.

There have been no reports of satellite debris coming down over a populated area. U.S. military data suggest it could have crashed east of Sri Lanka, or off the coast of Myanmar or as far inland as China. **THE ASSOCIATED PRESS**

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Jobs accuses Google of theft

Could Steve Jobs' biography damage the search leader's reputation and prospects of Android software?

Google can only hope that Steve Jobs' final vendetta doesn't haunt the Internet search leader from his grave.

The depths of Jobs' antipathy toward Google leaps out of Walter Isaacson's authorized biography of Apple's co-founder. The book goes on sale today, less than three weeks after Jobs' long battle with pancreatic cancer culminated in his Oct. 5 death.

The biography drips with Jobs' vitriol as he discusses his belief that Google stole from Apple's iPhone to build many of the features in Google's Android software.

The perceived theft represented an unforgiveable act of betrayal to Jobs, who had been a mentor to Google co-founders Larry Page and Sergey Brin and had welcomed Google's CEO at the time, Eric Schmidt, to be on Apple's board.

It suggests that Apple may try to derail Android in court, even if Google obtains more patent protection through its proposed $12.5 billion acquisition of Motorola Mobility Inc.

It's also possible that Jobs' criticisms may be seen as hypocritical. The Mac's easy-to-use interface and its mouse controller, for instance, came out of Xerox Corp. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+119.16 (11,949.49)	+ 0.62¢ (99.14¢ US)
Oil	**Natural gas** $3.629 (+ 0.10¢)
+ $1.33 US ($87.40 US)	**Gold** $1,636.10 (+$23.20)

Masked. Protest

▶ A mask depicting German Chancellor Angela Merkel is taped to a fence during a demonstration outside of an EU summit in Brussels yesterday.

VIRGINIA MAYO/THE ASSOCIATED PRESS

Decision on Greek debt delayed

Greece's prime minister is pleading with European leaders to act decisively to solve the continent's debt crisis. At a summit yesterday, the leaders were expected to ask banks to accept huge losses on Greek bonds to ease the pressure on the country, and to raise billions more in capital to weather those losses.

EU criticism of oilsands challenged

Canada's Natural Resources Minister Joe Oliver is challenging the European Union on its proposal to discriminate against crude from the Alberta oilsands. The proposal stems from complaints that the oilsands have a greater greenhouse gas footprint than conventional production. THE CANADIAN PRESS

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Bosnia 13.9 ¢/min	Iran 5.9 ¢/min	Philippines 11.9 ¢/min	U.A.E 14.9 ¢/min
China 1.9 ¢/min	Israel 1.9 ¢/min	Poland 1.9 ¢/min	Ukraine 7.9 ¢/min
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COFFEE SHOP PERCOLATES MAIN STREET DEVELOPMENT

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

As Nils Vik settles in behind the counter at Parlour Coffee, I tell him he's got quite a challenge in front of him because I hate coffee.

Funny enough, Vik used to feel the same way. But having his first "real cup" at a Montreal café three years ago sparked an obsession that ultimately led him to leave a career in furniture design to open Winnipeg's first gourmet coffee house last month.

While "20-minute fresh" might cut it for mainstream retailers, everything at Parlour is "seconds fresh," as all orders are ground and brewed on the spot, using beans that are shipped in weekly from small roasters across Canada.

> **"You don't come home from a trip to London and tell everyone about the Starbucks you visited...You talk about the little hole-in-the-wall where you got a great cup of coffee and they yelled at you."**
> NILS VIK, PARLOUR COFFEE OWNER

Vik's passion for the perfect cup of coffee, and the attention to detail he used in creating the shop, is immediately apparent. But I do have to ask him about his choice of location, in a tiny space on Main Street next to the Woodbine Hotel.

"Yes, it was a little ballsy to choose this spot," he admits. "But if you look at old photos of what this street was like decades ago, it was bustling. And it's Main Street, it should be bustling."

"I see a lot of potential in this area. The architecture is great, and I wanted a space that fit with the vision of the shop."

He recently spoke at the Winnipeg Design Festival about the need for more small leasable spaces in the city. While mega-projects like IKEA or the Museum for Human Rights might succeed in attracting new visitors, he believes fostering a more diverse mix of small shops, restaurants and galleries is what's really going to make Winnipeg neighbourhoods more dynamic.

"You don't come home from a trip to London and tell everyone about the Starbucks you visited," he explains. "You talk about the little hole in the wall where you got a great cup of coffee and they yelled at you."

There's not much yelling at Parlour, but with just enough seating for 10 people, the atmosphere is intimate, and encourages customers to interact with each other. "When there's 10 people in here, it feels like a party, but even when there's just two, it still feels busy," says Vik.

As I get to the bottom of my cup, I have to admit that Vik hasn't yet converted me to becoming a regular coffee drinker. But he has convinced me this city needs more small, original spaces like Parlour Coffee.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Metropolitan Panel
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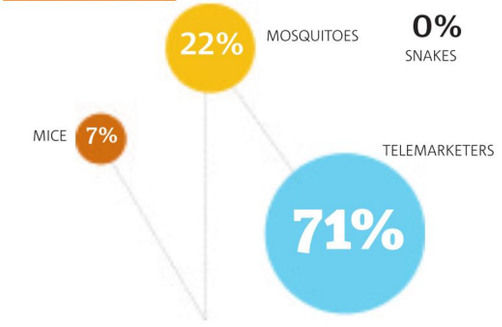
Fill in the blank: It would be OK if _____ went extinct.



Local tweets

- **@bodi247:** Only in #winnipeg do you have to stop 3 times to restrap a load. #f---ingroads
- **@mybueno:** A sign that the snow is coming to Winnipeg: There are 'No Parking' signs on my street for leaf cleaning.
- **@LiveLoveJelena:** Looking at pictures of Justin & Selena at the hockey game in Winnipeg yesterday...ugh. They're so cute!!
- **@mssteele_23:** Justin Bieber and Selena Gomez at Winnipeg airport... That explains all the screaming girls lol!!
- **@crackberrykevin:** Jets and Bombers both won today... Gonna have to change the name of this city from Winnipeg to WinningPeg soon!
- **@katrinejoyce:** Feeling so sick right now. Will never take 151 shots ever again. Now, its time to get to work...
- **@Aftonsv:** I feel like a zombie, a very hungover zombie. And I just stepped in dog s--t. Time for a nap!
- **@imsozwo:** Laughing at everyone who is hungover

Worth Mentioning

One of Henrik Holgersson's friends laughed in his face when he told him he was going to spend the better part of 2011 as a stay-at-home dad.

"What kind of a man are you?" the friend asked Holgersson, who works for an event-management company.

Holgersson took out 240 days of parental leave paid for by the government while his girlfriend, Jenny Karlsson, went back to her job as a real estate agent, after eight months at home with their son Arvid.

"To take care of Arvid is a real fatherly thing to do. I think that's very masculine," said Holgersson, 34.

Holgersson's experience isn't unusual in Sweden, largely because the government encourages dads to stay at home with their newborn through a parental-leave policy that is among the most generous in the world.

While more than a dozen countries now offer paid paternity leave, usually for a couple of weeks, Sweden subsidizes such leave for up to 14 months.

THE ASSOCIATED PRESS

photo of the day

▶ This photo, titled Look Mom, I can Fly, was submitted to the Moment of my Life category by Paddi Towne Stadler from Leduc, Alta.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Identical twins give birth on same day

Two identical twins in Indiana now have another birthday in common: They delivered babies on the same day at the same hospital.

The Herald-Times reports 21-year-old Jessica and Jennifer Patterson gave birth Wednesday at Indiana University Health Bloomington Hospital.

Jennifer Patterson gave birth first to a girl, Adalynn Rose Patterson, who was born with a collapsed lung but is now doing fine.

Eight and half hours later, Jessica Patterson gave birth to a boy, Mason Douglas Patterson, by caesarean section.

Jennifer Patterson calls the same-day births "kind of cool."

Both women live in the tiny Lawrence County town of Judah.

Hospital spokeswoman Amanda Roach says no one can recall the last time identical twins delivered babies at the hospital on the same day.

THE ASSOCIATED PRESS

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Osbourne's alright

New documentary put together by Ozzy's son Jack details rocker's journey to sobriety

Jack Osbourne says he doesn't worry anymore about the well-being of his dad, heavy metal megastar Ozzy Osbourne.

"Motorbikes can't kill him, drugs can't kill him," he mused in a recent phone interview from his parents' California house.

"He's one of these guys where he's going to be, like, 900 years old still complaining about everything and laughing. We joke that he's going to outlive me."

The British rocker's astounding ability to endure decades of hard partying, reckless stunts and heavy drug and alcohol abuse is one of the main themes of God Bless Ozzy Osbourne, which will screen at participating Cineplex Entertainment theatres in Canada on Oct. 26 at 7 p.m. ET.

"There's only a handful of people that have done what he's done and lived to tell the tale," said Osbourne, 25, who produced the documentary.

The film opens with shots of a 60-year-old, long-haired Osbourne — clad in all black and purple-tinted glasses — in his dressing room jumping rope, riding a stationary bike and doing stretches as part of his pre-concert warm-up routine.

As we soon learn, the so-called Prince of Darkness is now more than five years sober — the longest stretch he's spent in recovery.

Gone are the days when he was so high or intoxicated he'd bite the heads off

FRANK MICELOTTA/THE CANADIAN PRESS

▶ In God Bless Ozzy Osbourne, his children admit he wasn't always the greatest father.

winged creatures, trash hotel rooms or have legions of TV viewers laughing at his incomprehensible speech and hunchbacked-shuffle walk on The Osbournes.

"One of the key points that I wanted to put across for this film is that he's not this fumbling kind of stuttering, quirky guy," said Osbourne, who recently revealed he's expecting a child with his fiancée, Lisa Stelly.

"He's really quite astute and he's switched on and he's far from absent-minded."

Osbourne, who's appeared on various TV series, said a colleague encouraged him to do the project about four years ago.

When his parents gave the OK, he bought cameras, found a co-producer and hired director Mike Fleiss, who is executive producer of The Bachelor.

The filmmakers also use archive footage to detail Osbourne's life, from his poverty-stricken childhood in Birmingham, England to his drug-addled days with Black Sabbath and his time on The Osbournes TV reality series, when his alcoholism was at its peak.

Sabbath members say they used to order "cereal boxes" of cocaine to the house and Osbourne — a long-haired prankster who wore heavy, black eye liner and fake fangs onstage — would drink and do drugs until he passed out. His alcoholism became worse when his dad died and Sabbath famously fired him.

Osbourne, of course, eventually bounced back with a new band managed by his wife, Sharon. But his addiction issues plagued him, and his children — Louis and Jessica from his first marriage; and Kelly, Jack and Aimee from his marriage to Sharon — admit in the doc that he wasn't always a great father.

After about a dozen times in rehab, Osbourne — as he explains in the film — finally got the motivation to get sober for good over five years ago, when son Jack recovered from his addiction issues.

"I struggled with it because I don't want to take credit for what my dad had done," said Osbourne.

"He's the one who got sober — I just yelled at him — so I always feel awkward when people go, 'Oh, you helped.' I go, 'No, I didn't. I just had an argument and he kind of lifted himself from it.'"

As we see in the doc, one of Osbourne's biggest goals when he got sober was to get a driver's licence — something his addiction issues prevented him from doing until now.

"I actually sat outside on the porch looking at his Ferrari Italia, which is, I think, the most amusing thing to me about it," said Osbourne.

"He has not driven me yet, which is really strange, probably because whenever I turn up he's like, 'You drive.'

"Even though he's got his licence and he's really stoked about it, I don't think he likes driving."

God Bless Ozzy Osbourne premiered in the spring at the Tribeca Film Festival.

THE CANADIAN PRESS

God Bless Ozzy Osbourne

- Documentary will screen at participating Cineplex Entertainment theatres in Canada on Wednesday at 7 p.m. ET.

Tintin comes home

Director Steven Spielberg wanted to release film in beloved character's native Belgium first

Tintin came home to Belgium on Saturday for the world premiere of Steven Spielberg's The Adventures of Tintin: Secret of the Unicorn.

The movie is rolling out first across Europe and elsewhere before hitting the United States by the Christmas movie season.

"To highjack Tintin and bring it to America first, and then release it overseas second, would be something that would not have even occurred to us," Spielberg said. "From the outset, the plan was to give Tintin back to the countries where Tintin was the most beloved."

The director has been riding a wave of support from local critics despite opening in a tradition-bound nation ready to pounce on any desecration of its cultural icon. For Spielberg, a happy ending will mean success at the box office and a sequel.

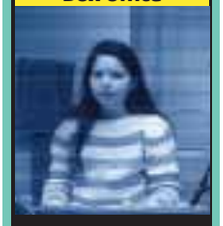
THE ASSOCIATED PRESS

YVES LOGGHE/THE ASSOCIATED PRESS

▶ Actor Jamie Bell plays Tintin in Steven Spielberg's new film.

2 scene

Box office



Paranormal Activity 3 didn't just go bump in the night. It made a ton of noise at the box office with a huge, $54 million opening. The third film in Paramount's low-budget horror franchise was No. 1 at the box office, according to Sunday studio estimates. Part two also debuted in the top spot a year ago.

THE ASSOCIATED PRESS

Oprah meditates with women in Iowa, talks about her spiritual journey

FRANK GUNN/THE CANADIAN PRESS

▶ Michael Bublé's new coffee-table book Onstage Offstage is due out tomorrow.

Not looking back ... yet

Bublé says Onstage Offstage is a 'picture book' Real memoir a decade away

Michael Bublé has a new book out, one that's billed as an all-access portrait of the Canadian crooner, but he wants his fans to understand something.

Onstage Offstage, hitting stores tomorrow, is not the no-holds-barred memoir that fans might have expected from the refreshingly outspoken singer.

The book doesn't feature the sort of revealing behind-the-scenes anecdotes that Bublé would share over dinner with friends, nor does it probe past relationships like a bullet wound on C.S.I.

That book is coming, Bublé said, but the three-time Grammy winner felt he needed to accumulate more miles in his rear-view before he looked back.

He envisions that more in-depth book, which he's already working on with Vancouver journalist Kerry Gold, will come out a decade or more down the line, while Onstage Offstage is meant to serve a different purpose.

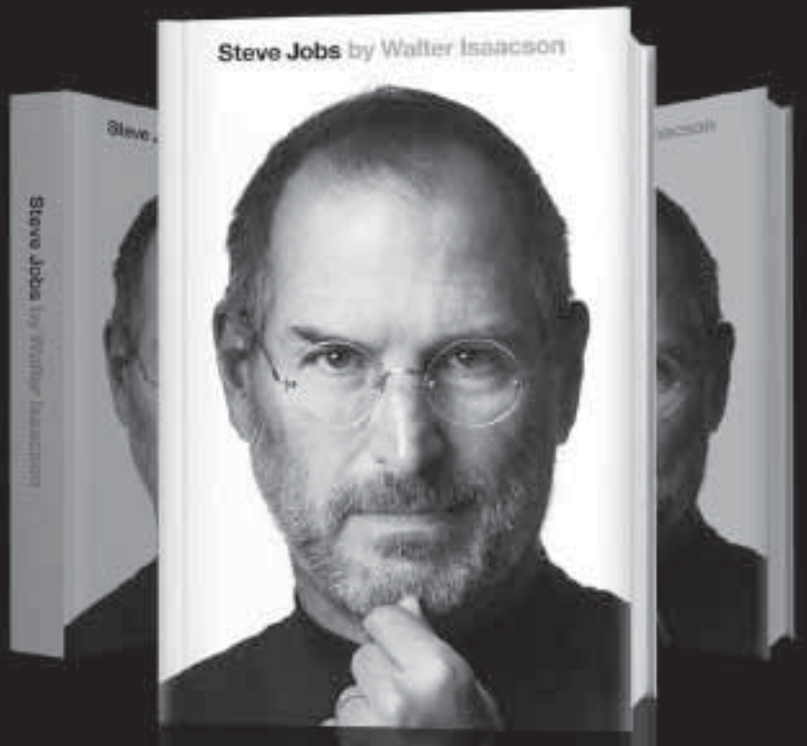
"The truth is, I want people to really understand, (Onstage Offstage) is very light," said the personable singer during a recent interview at a Toronto hotel. "I'm proud of it, it's great, but it's a picture book."

"When they sold the idea to me, I was completely against it — I felt it was too early in my career to have any kind of memoir. But they said it's not a memoir, it's a coffee-table book.

"... I just don't want people to get mixed up and think this was like, the memoir.

"Because really, they'll be disappointed if they think that. I hope it's nice reading, it's light reading, it's fun, it's quick, but, you know, there's a lot more pictures than there are words." THE CANADIAN PRESS

"THE book of the season."
- Heather Reisman, Indigo's Chief Booklover and CEO



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B.Co makes some headway with J.Lo

Bradley has been calling Jennifer, like, a lot Recently single singer is apparently liking the attention

ALL PHOTOS GETTY IMAGES

Bradley Cooper

Jennifer Lopez

Bradley Cooper has reportedly been going to great lengths to woo Jennifer Lopez now that she's split from husband Marc Anthony, according to Us Weekly.

Cooper "has been after Jennifer, calling her, for ages," a source says, adding that Lopez "has been trying to concentrate on her kids and work. But Bradley has been especially eager."

It's apparently working, as Lopez has decided to "let him in," the source says. "She likes the thrill and the fact that Bradley has been pursuing her."

METRO

BUT THEY WERE ON A BREAK!

The Black Eyed Peas

The Black Eyed Peas aren't calling it quits as some rumours suggested, but Fergie does admit the group is on hiatus. "A break is not a breakup — you gotta watch Friends," the queen Pea told TMZ cameras. We somehow doubt Will.i.am is well-versed in the Ross and Rachel saga, so we'll spell it out for him: It's a trap, and we bet Fergie would look behind that door.

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A new study

TORSTAR

A new study by Dr. De-Kun Li of Kaiser Permanente in California, suggests high blood pressure during early pregnancy is what raises the risk of major birth defects — not the medicines used to control the condition, as previously thought.

For years, women were warned to avoid drugs called ACE inhibitors during later stages of pregnancy to avoid the possibility of birth defects.

THE ASSOCIATED PRESS

Owners love to dress dogs up for Halloween. But how do dogs feel about it?

THINKSTOCK.COM

▶ "After a year, babies will only need help with foods like yogurt," says Dr. Rana Conway, author of Weaning Made Easy.

The great spoon-fed vs. baby-led weaning debate

Once you master milk-feeding your infant, it's time to think about solids ◐ Parents often choose between spoon-fed and 'baby-led' weaning methods ◐ Consider this: combine both

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS

With your first-born, it feels like every time you think you've mastered one baby-rearing challenge, you're set with the next. Just when you've stopped fretting about how much milk your growing infant is drinking, you're faced with anxieties about when to start feeding her solids, whether the meal is nutritious enough and if she's going to actually eat it.

There are two major approaches to weaning: the traditional spoon-fed method (where the parent is in control), and the modern 'baby-led' weaning (where the baby learns to feed him or herself).

"With first babies, moms often lack the confidence to combine the two methods," says Dr. Rana Conway, author of Weaning Made Easy.

There are advantages to both. Spoon-feeding allows parents to control how much their baby eats and mix new flavours in with favourites. Knowing that dinner is going to end up in your baby's belly rather than the floor is reassuring for parents whose sanity depends on regular nap-, feed- and bed-times.

Meanwhile, baby-lead weaning is convenient for parents who don't have time to prepare separate meals and there's no danger of overfeeding (although it can be messier than spoon-feeding).

"The advantage is that families can eat together and all have the same meals, so babies get used to eating the food you do," says Conway."

Combining methods is easy, says Conway. "The balance between spoon-feeding and self-feeding ... changes over time," she says. "Most babies need spoon-feeding to start, but it's also vital to give them something to try to eat with their fingers. This means they'll be getting nutrients they need, but they can also learn about real food," Conway says. "After a few months, self-feeding takes off and by a year most babies will only need help with foods like yogurt. It's about taking a balanced approach and seeing what works."

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Shepherd's Pie goes sweet

This version replaces regular potatoes with sweet potatoes for a new take The recipe allows you to make two dinners by freezing one pan

THE CANADIAN PRESS H/O

This recipe serves eight.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This twist on classic Shepherd's Pie offers a colourful and tasty mealtime solution for eight to 10 hungry people. Sweet potatoes and cheddar cheese are used in the topping instead of the traditional mashed potatoes.

You can also make two dinners for four and freeze the second pan for a last-minute meal to cook from frozen.

Ingredients:

- 2 kg (4 lb) sweet potatoes, peeled and cubed
- 375 ml (1 1/2 cups) shredded old cheddar cheese
- 125 ml (1/2 cup) milk
- Salt and pepper, to taste

Filling

- 1 kg (2 lb) lean ground beef
- 500 ml (2 cups) each shredded carrots and zucchini
- 375 ml (1 1/2 cups) corn kernels
- 175 ml (3/4 cup) minced onion (about 1 onion)
- 2 cloves garlic, minced
- 15 ml (1 tbsp) each dried thyme, oregano and dry mustard
- 15 ml (1 tbsp) all-purpose flour
- 250 ml (1 cup) milk
- Pinch salt and pepper

Preparation:

1. In a large pot, cook sweet potatoes in boiling water until fork-tender, 12 to 15 minutes. Drain and mash with cheddar cheese, milk, salt and pepper.
2. Filling: In a large frying pan, sauté beef over medium-high heat for 8 to 10 minutes or until no longer pink. Drain off fat. Add carrots, zucchini, corn, onion and garlic; cook for 5 minutes or until vegetables are softened.
3. In a small bowl, mix together thyme, oregano, mustard and flour; stir into pan along with milk, salt and pepper. Cook for 2 minutes or until slightly thickened. Transfer to two 2 L(8-inch) square baking dishes; top each with half of the potato mixture. (Can be frozen at this point.)
4. Bake in a 190 C (375 F) oven for 20 minutes or until heated through and topping is browned.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/
THE CANADIAN PRESS / FOODLAND ONTARIO

Rose Reisman's Swap It

A Whopper Jr. may sound innocent due to the word "junior" but paired with deep-fried mozzarella sticks it's anything but — especially for your child.

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Smokin' good avocado cigars

This cigar-shaped crispy phyllo pastry filled with scrumptious morsels of avocado and crab is fitting for any occasion.

The cooling effect of the avocados and mango chutney offers a refreshing contrast to the spicy filling, creating a perfect autumn appetizer.

Preparation:

1. Preheat oven to 190 C (375 F). In a medium bowl, combine crab, red pepper, green onion, mustard, lemon and hot sauce. Dice avocados and gently fold into crab mixture. Season with salt and pepper.
2. Cut a store-bought phyllo sheet in half (vertically) and spray lightly with olive oil or brush with melted butter. Spread 15 ml (1 tbsp) of the filling at the end of the sheet. Roll pastry to form a cigar shape, tucking the ends in before the last roll. Repeat steps with remaining phyllo sheets.
3. Bake for 10 to 13 minutes until light golden brown. Let cool slightly before serving.
4. In bowl, combine chutney, cilantro and water. Serve as dipping sauce.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 250 ml (1 cup) lump crab meat
- 30 ml (2 tbsp) diced roasted red pepper
- 30 ml (2 tbsp) sliced green onion
- 15 ml (1 tbsp) grainy Dijon mustard
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) hot sauce
- 2 small avocados, ripe but firm
- Salt and pepper, to taste
- 6 phyllo sheets
- Olive oil spray or melted butter
- 125 ml (1/2 cup) mango chutney
- 50 ml (1/4 cup) finely chopped cilantro
- 15 ml (1 tbsp) water

THE CANADIAN PRESS H/O

This recipe makes 12 cigars.

Green glass equals big biz

A new container designed for storing beer, wine and liquor bottles gets financial backing from Dragons' Den

BEN KNIGHT
LIFE@METRONEWS.CA

Glass recycling is simple, right? You put your bottles in the bin, and set the bin out on the curb.

But did you know that if the glass breaks, and different colours of glass mingle, your bottles cannot be recycled — and millions end up in a landfill?

Sustain It Inc., a clever company from Aurora, Ont., just got a major investment on CBC Television's hit show Dragons' Den with a new bottle carrier specifically designed to solve this problem.

"It's called Bottle Bin," says Chris Williams, director of sales for Sustain It. "It's a reusable container for your wine, liquor and beer bottles. When the bin is full, it's an easy and convenient way to bring those empty containers back and collect your refund."

FLICKR PHOTO

▶ Glass bottles are great to recycle — but separating by colour is a key way to keep them out of landfill.

The bin holds 18 standard wine bottles, or 24 empty beer bottles. It's easy to carry, and guarantees that all your glass gets properly recycled.

"It was specifically made for wine bottles originally, and then when you do the sheer math of the volume of how much beer we drink in Canada, we changed the design to be able to accommodate beer bottles as well.

"Beer is such a massive volume. The LCBO in Ontario sells 50-million six-packs a year. And six-packs are difficult to return."

Bottle Bin touched off a bidding frenzy on Dragons' Den earlier this month, with all five Dragons making offers.

Boston Pizza owner Jim Treliving won the day — and 20 per cent of the company — with an investment of $150,000.

"The Dragons' Den effect is outstanding," Williams says. "Our office absolutely exploded. Different people who want to manufacture and distribute it right across the country."

The bins will be available at Home Hardware stores across Canada in November, retailing for between $11 to $13.

The Beer Store in Ontario is selling them now for $9.99.

"The more people that recognize they may have a problem with their empties, or may have a bit of a struggle with returning their empties, and seeing there's this new bin to help them do it, it really helps our cause," concludes Williams.

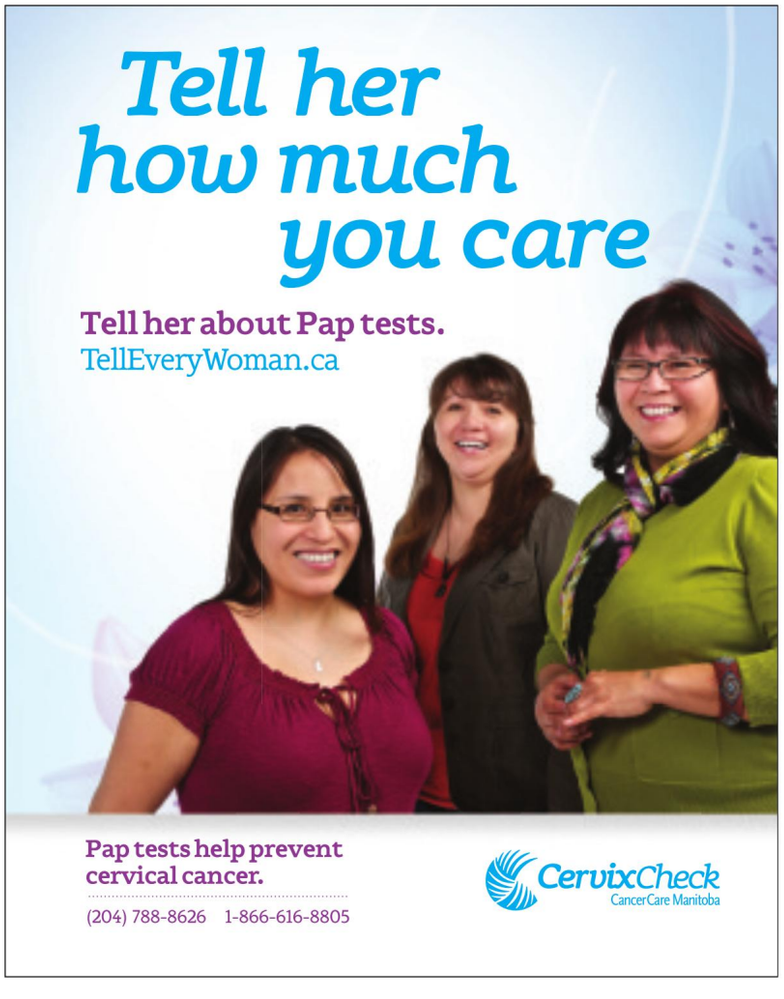
"Returning your empty wine, liquor and beer bottles is a great way people can help the environment."

For more info, visit bringyourbottlesback.com.

Glass facts:

- Over a ton of natural resources are saved for every ton of glass recycled.
- Recycling just one glass bottle saves enough energy to light a 100-watt light bulb for four hours.
- A glass container can go from a recycling bin to a store shelf in as little as 30 days.

HANDOUT PHOTO



SILICONE'S SERIOUS SIDE

Is silicone bakeware eco-friendly and safe? Rebecca, Calgary

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

It's hard to say if there's a dark side to these brightly coloured cookie sheets and spatulas.

You won't dig up a lot of safety information about silicone … yet.

Health Canada says, "Silicone rubber does not react with food or beverages, or produce any hazardous fumes."

But Health Canada also stands by the rationale that the fact that lab rats exposed to perfluorooctanoic acid (PFOA) were likely to get cancer doesn't mean non-stick products necessarily cause cancer in humans.

Silicone is a synthetic rubber that contains bonded silicon and oxygen. It's a natural element that is abundant in sand and rock.

Silicone bakeware is known for its heat-resistant and rubber-like qualities, and is safe for the oven and freezer. It is touted as being stable or inert, not changing the flavour or releasing odours that might affect food quality.

Not only is it believed to have low toxicity and thermal stability, it's also easy to clean and is non-stick. One safety tip I repeatedly came across is to use food-grade silicone products at recommended temperatures — about 220 degrees C or 428 degrees F.

When it comes to eco-friendliness, silicone bakeware allows you to replace disposables like paper muffin tins and parchment paper.

I haven't heard of recycling depots that accept silicone products, but keep your eyes open because it doesn't biodegrade.

For now, silicone is a safer alternative to non-stick cookware treated with PFOA. I'm also a huge fan of cast iron and glass cookware and bakeware.

David Suzuki Foundation

Using his head in the salon biz

As the proud owner of 106 hair and beauty salons around Canada, Ken Fisher continues to dream big

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

There's a lot of buzz on the street about Chatters Hair and Beauty Salons.

"We now have 106 stores from Newfoundland to B.C.," founder Ken Fisher tells me proudly.

Growing up on a farm in Saskatchewan, Fisher was influenced by his hard-working father and inspired by his hair stylist sisters.

The early days were hard but rewarding.

"We worked 12 to 18 hour days and I travelled up to 9,000 kilometres a month visiting stores and stocking shelves at night."

Fisher says the key to any business is surrounding yourself with the right people.

His turning point came when he partnered with Jason Volk and the two pushed Chatters to the next level.

"I don't think you'll ever find one individual that takes a company over the top. You need to create a great team."

SUBMITTED

▶ Ken Fisher hopes to see even more Chatters Hair and Beauty Salons open in the coming years.

As he looks at the company he created, Fisher is proud yet humbled by his success.

"Wow, 106 stores. Then I think there's potential for another 106 stores."

How's he going to accomplish his goals?

"You put your head down and go to work."

Smart advice for us all.

Stylish success

Fisher's keys to entrepreneurial success:

- Have a strong work ethic and passion.
- Everything grows and changes. If you sit still you'll get rolled over.
- Surround yourself with the right people.
- Anticipate what is coming around the corner then figure out what to do next.

Awesome job, but...

Major stress often comes with the top-career territory

While they make for great cocktail conversation, some of the most prestigious careers aren't quite as enviable as they seem, according to a new report from job search portal CareerCast.com.

"There's a lot of perceptions out there about what a good job is, and a lot of the times the perception is wrong," says Career Cast publisher Tony Lee.

"Yes, these do pay a lot, but there are a lot of drawbacks to these jobs."

We asked Lee for some background on those that topped Career Cast's list.

METRO WORLD NEWS

▶ Do you think Dr. Frasier Crane sleeps well at night?

SURGEON, PHYSICIAN, PSYCHIATRIST

Average incomes: $365,258; $192,065; $160,242

▶ "What these all have in common is that they're responsible for people's lives. People are reliant on them, and that has always been stressful," says Lee. "But more recently, with government regulations and more paperwork, it's just not the case anymore that you can play golf on Wednesdays and pay back your loans."

▶ Sure Don Draper appears untouchable, but work pressure leaves his home life in shambles.

SENIOR CORPORATE EXECUTIVE

Average income: $160,141

▶ While some high-ranking execs are undoubtedly dismissive of the Occupy gang, others are feeling the heat — albeit in swanky corner offices. "Senior corporate executives are under extreme pressure right now. You have falling profits, you have shareholder pressure," says Lee. "You look at the protests and you think, 'These people don't care.' But a lot of them do care — they don't want to do layoffs, and they're working more hours than ever."

▶ New series Pan Am depicts sky service as glamorous but these days it's not always the case.

COMMERCIAL AIRLINE PILOT, FLIGHT ATTENDANT

Average incomes: $106,153; $40,184

▶ As fuel prices rise and airlines cut back on staff, passengers aren't the only ones who are less comfortable. "The reality is the hours are at their highest that they've ever been, you have less control over your days and pay has not risen," says Lee. Something to keep in mind when you're watching Pan Am — or getting ready to grumble about the skimpy bag of pretzels on your next flight.

It ain't so bad

Is your job underrated?

▶ Last month, Career Cast looked at the most underrated jobs.

▶ "The compensation is good, the hiring outlook is great, you're not responsible for many people and they pay well," says Lee of the jobs that made this more optimistic list.

- **Paralegal/legal assistant**
- **Accountant**
- **Loan officer**
- **Software engineer**
- **Computer systems analyst**
- **Insurance agent**
- **Dietician**
- **Dental hygienist**

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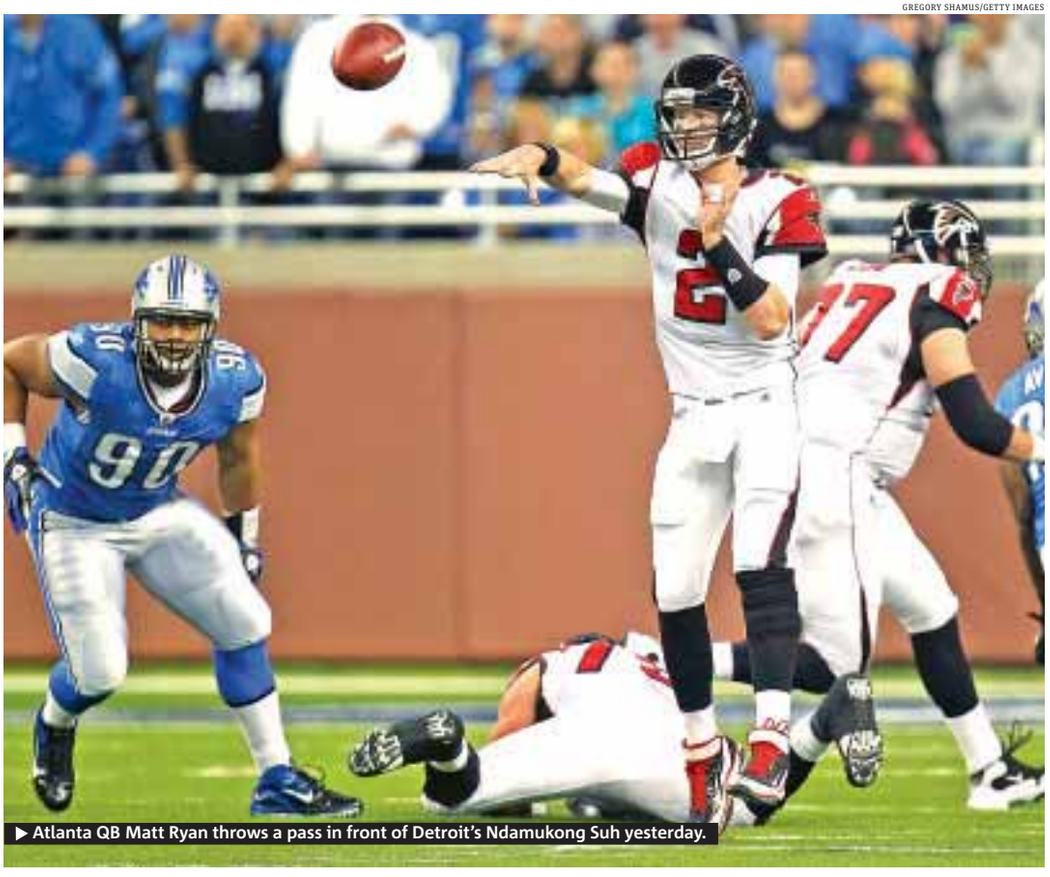
4 sports

Falcons taking flight

Matt Ryan runs and throws for TDs, as Atlanta hands Detroit second loss in a row

FALCONS	LIONS
23	16

GREGORY SHAMUS/GETTY IMAGES



▶ Atlanta QB Matt Ryan throws a pass in front of Detroit's Ndamukong Suh yesterday.

The Falcons might've found their groove in Motown.

Matt Ryan ran and threw for touchdowns to give Atlanta a double-digit lead in the first half, and the Falcons held on to win 23-16 in Detroit yesterday.

The defending NFC South champion-Falcons (4-3) won consecutive games for the first time this season because they finally played well in all three phases on the same day.

"Good teams go on streaks," Atlanta coach Mike Smith said. "You can't just keep yo-yoing up and down."

The Lions (5-2) have lost their lustre with two straight losses — both at home — after their perfect start. Their formerly fired-up fans have started to boo, moan and groan.

"We don't deserve their cheers if we're going to play like that," Lions guard Rob Sims said. "It's just that simple."

The Lions had a chance to get Ford Field back on their side.

But on Detroit's final drive, a pass-interference penalty against Atlanta was overturned because instant replay showed defensive tackle Corey Peters had slightly grazed the ball.

"I didn't see the tip, but the guys in the booth were in my ear about it right away," Smith said. "With less than two minutes, we had to rely on the officials, but they did a great job. They didn't let the Lions snap the ball, so the replay official could get a good look, and they made the right call."

Instead of having the ball at the Falcons 26, the Lions were backed up to the 41 and Matthew Stafford threw an incomplete pass on the next play to turn it over on downs and injured his right ankle, knee — or both.

"To tell the truth I can't really tell right now," Stafford said.

THE ASSOCIATED PRESS

Around the NFL

Other results from yesterday:

- **Aaron Rodgers** kept Green Bay unbeaten with three touchdowns and 335 yards passing, holding off the plucky Christian Ponder in the rookie's first start to defeat the Minnesota Vikings 33-27.
- **Ben Roethlisberger** threw 95 yards to Mike Wallace for the longest pass play in Steelers history and Pittsburgh went on to hand the Arizona Cardinals their fifth consecutive loss 32-20.
- **The Kansas City Chiefs** took advantage of rusty quarterback play from Kyle Boller and Carson Palmer to beat the Oakland Raiders 28-0.

Jets news

The Winnipeg Jets don't think Mark Scheifele is quite ready for the NHL.

The Jets reassigned the 18-year-old Scheifele to the Barrie Colts of the Ontario Hockey League yesterday.

The seventh overall pick at June's draft, Scheifele played in seven games with Winnipeg this season.

He scored his first NHL goal on Wednesday against at Toronto, but played just over seven minutes in Saturday's 5-3 win over Carolina.

Scheifele led all OHL rookies in assists last season with 53. The Kitchener, Ont., native also added 22 goals for 75 points in 66 games.

THE CANADIAN PRESS

All Blacks win World Cup

DAVID ROGERS/GETTY IMAGES

▶ The All Blacks celebrate with the Webb Ellis Cup.

New Zealand survived an uncanny spate of flyhalf injuries and a searching test of character to close a huge gap in its rugby history, beating France 8-7 in a gripping Rugby World Cup final yesterday to become the third two-time champion.

The perennial favourites, New Zealand hadn't won the World Cup since hosting and winning the inaugural tournament in 1987.

"It's something we've dreamed of for a while," All Blacks coach Graham Henry said. "We can rest in peace."

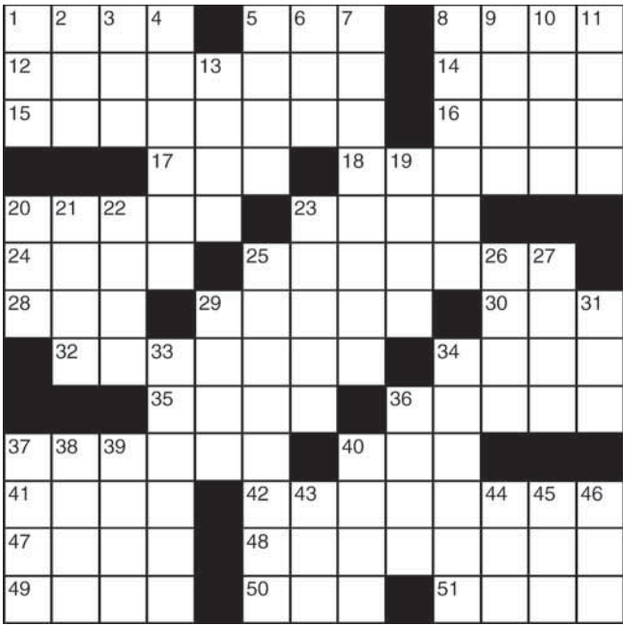
The French had been written off after a disjointed tournament, but produced one of their finest World Cup performances.

"I feel immensely sad and immensely proud at the same time," France coach Marc Lievremont said.

All Blacks No. 10 Aaron Cruden left with a knee injury after 33 minutes, leaving New Zealand's hopes with the often vilified flyhalf Stephen Donald.

He took over the goal-kicking in the second half and landed a penalty that gave New Zealand an 8-0 lead. THE ASSOCIATED PRESS

Crossword



Across

1 Feedbag fill
5 Chicken — king
8 Gumbo ingredient
12 Howls
14 Billy Joel's "— Always a Woman"
15 Severely strict
16 Decline, as the visible moon
17 Spot on a domino
18 Lake Victoria nation
20 Florida city
23 Succumb to gravity
24 Kill
25 Without flexibility
28 Peace (Lat.)
29 Star, for short
30 Conger, for one
32 Restored to proper condition
34 Ashen
35 Crew supply
36 Theater path
37 Tawdry (Sl.)
40 Donkey
41 Warmth
42 Tubular pasta
47 Otherwise
48 Easy garment to put on
49 Run off
50 A billion years
51 Tardy

Down

1 "— Town"
2 Clay, today
3 Yank
4 Not neat
5 On
6 Romanian money
7 Soothed
8 Lee Harvey —
9 "Star Trek II: The Wrath of —"
10 Tear asunder
11 On the briny
13 Met melody
19 Smooth-talking
20 Recipe meas.
21 Banned apple ripener
22 Long skirt
23 Folder fodder
25 Bent backward
26 Meadows
27 Holler
29 Fellow
31 Shelter
33 Small beard
34 Handgun
36 Now, on a memo
37 Restaurant employee
38 Satan's domain
39 Facility
40 Once more, in dialect
43 UN workers' grp.
44 Eggs
45 Seine
46 Anger

▶ Friday's answer

Sudoku

		6				1		
	4		1		3		9	
7	1						6	2
		2	7		4	6		
1								3
		9	3		8	5		
4	3						1	9
	6		8		2		5	
		7				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

1	9	5	8	6	4	3	2	7
2	7	8	3	1	9	6	4	5
3	4	6	7	2	5	8	1	9
5	2	4	9	7	8	1	3	6
8	6	7	5	3	1	2	9	4
9	3	1	6	4	2	7	5	8
4	5	3	2	8	6	9	7	1
7	8	9	1	5	3	4	6	2
6	1	2	4	9	7	5	8	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Sunshine, You came into my life and my heart found its home. Thank you for the gift of your amazing love. I pinky swear I will never let you go too far. Happy birthday honey! Can't wait to see what's ahead for our little family <3 I love you lots, tons and forever ever.
SNOWFLAKE

My Life, Did I say "I love you"? Be happy, live life. I miss you so much. Stay strong hon, nothing to worry. Everything will be OK. Love you always n forever
YOU ARE BEAUTIFUL

My heart, you tell me im cheesy when i say i sing love songs to you. i want you to know its because they make sense to me now. love, its wonderful and i owe it all to you. cheesy, no. i say true. happy birthday Ashley Lorraine Antoine. love you always.
GAREN

A look at the weather

TODAY	TOMORROW	WEDNESDAY
Min -4°	Min -1°	Min -4°
Max 9°	Max 8°	Max 8°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Speak your mind and stir things up a little, both at home and at work.

♉ Taurus April 21-May 21 The more praise you get today the more careful you must be that your ego does not over inflate.

♊ Gemini May 22-June 21 What happens today will shake you up and get you moving again, and that's no bad thing.

♋ Cancer June 22-July 22 Steer clear of other people's private lives today.

♌ Leo July 23-Aug.23 By all means question what others tell you.

♍ Virgo Aug. 24- Sept. 22 You seem to be moving in a completely different direction to everyone else, but that's okay – in fact it's good.

♎ Libra Sept. 23-Oct. 23 You will be in the spotlight often enough over the next few days, so enjoy your anonymity while you can.

♏ Scorpio Oct. 24-Nov. 22 Your ability to stay calm under pressure will win new admirers today.

♐ Sagittarius Nov. 23-Dec. 21 You will find yourself on the defensive today, and it's a situation you have brought on yourself by making claims that cannot be backed up by facts.

♑ Capricorn Dec. 22-Jan. 20 Cause and effect always go together, so if what is going on in your life is not to your liking maybe you should ask what caused it to happen.

♒ Aquarius Jan. 21-Feb. 18 Instead of fighting the future why not aim to make it your friend?

♓ Pisces Feb. 19-March 20. You will find it easier to trust people again and the effects will be dramatic. You really have no reason to be suspicious or fearful – but you have every reason to smile.

SALLY BROMPTON

Caption contest

MICHAEL SOHN/THE ASSOCIATED PRESS

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